

LUNES

MARTES

MIÉRCOLES

JUEVES

VIERNES

According to Rgto. 1169/2011
you can ask SERUNION staff
for information on substances
that can cause allergies
or intolerances

06
ELBOWS CARBONARA SAUCE
POMODORO FUSILLI WITH OLIVES
SALMON WITH SOY SAUCE
SALMON WITH ORANGE SAUCE
SAUTEED VEGETABLE
FRESH FRUIT
WHOLEMALE-BREAD

13
MACARONI WITH TOMATO SAUCE
SPAGHETTI WITH MUSHROOMS
FOGONERO WITH VINAIGRETTE
SAUCE
FOGONERO WITH ROTEÑA SAUCE
SAUTEED GREEN BEANS WITH GARLIC
FRESH FRUIT
WHOLEMALE-BREAD

20
ELBOW MACARONI BOLOGNESE
PASTA SALAD
CODFISH CROQUETTES
BILBAO-STYLE COD
SAUTÉED CAULIFLOWER
NATURAL YOGHURT WITH TOPPING
WHOLEMALE-BREAD

27
AGLIO-OLIO SPIRALS WITH TURKEY AND
CHALOTE
WOK (FUSILLI AND VEGETABLES)
MEDITERRANEAN ROOSTER
BREADED ROOSTER
COLESLAW
NATURAL YOGHURT WITH TOPPING
WHOLEMALE-BREAD

07
SALMOREJO
CHICKEN SOUP
MEATBALLS WITH TOMATO SAUCE
KEFTEDES WITH TZATZIKI SAUCE
ROASTED PUMPKIN
NATURAL YOGHURT WITH TOPPING
BREAD

14
LENTILS STEW
SAUTEED MUSHROOMS WITH GARLIC
GRILLED CHICKEN WITH LEMON
CHICKEN WITH COCONUT AND TURMERIC
SAUCE
CORN SALAD WITH OLIVES
FRESH FRUIT
BREAD

21
BEANS WITH SWISS CHARD
ROASTED PUMPKIN SOUP WITH EGG
CHICKEN TIKA MASALA
GRILLED SPICY CHICKEN FILLET
MIXED SALAD
FRESH FRUIT
BREAD

28
CHICKPEA CASSEROLE
ZUCCHINI CREAM SOUP WITH CRISPY
ONION
CHICKEN STEW
CHICKEN WITH MUSTARD SAUCE
ROASTED PUMPKIN
FRESH FRUIT
BREAD

01
RICE WITH TOMATO SAUCE
RICE SALAD
STIR-FRIED CHICKEN WITH
MANGO AND SOY SAUCE
GRILLED CHICKEN WITH GARLIC
FRIED SPICED POTATO
FRESH FRUIT
BREAD

08
BEAN STEW
BEANS SALAD
TURKEY IN SAUCE
MEAT PIE
MIXED SALAD
FRESH FRUIT
BREAD

15
CREAM OF ZUCCHINI SOUP
RATATOUILLE (FRIED VEGETABLES)
BEEF STEW
BEEF WITH GERMAN SAUCE
BAKE POTATOES
YOGHURT
BREAD

22
GRATIN SPINACH WITH BÉCHAMEL SAUCE
CAESAR SALAD
LOIN STEAKS IN SAUCE
GRILLED PORK LOIN FILLET
ROASTED POTATOES
FRESH FRUIT
BREAD

29
RICE WITH TOMATO SAUCE
CHAUFA RICE
STEAK LOIN WITH APPLE AND ONION
CHUTNEY
BREADED PORK LOIN
ROASTED COURGETTE
FRESH FRUIT
BREAD

02
GAZPACHO
GREEN BEANS WITH HAM
AND TOMATO
FRENCH OMELETTE
GRATIN POTATOES OMELETTE
TOMATO SALAD
FRESH FRUIT
BREAD

09
PAELLA
TROPICAL RICE SALAD
HAKE LOIN IN AMERICAN SAUCE
FRIED STICKS HAKE
SAUTEED ZUCCHINI
FRESH FRUIT
BREAD

16
THREE DELIGHTS RICE
AMERICAN RICE
MACKEREL IN TOMATO SAUCE
COD FRITTERS
SAUTEED VEGETABLES
FRESH FRUIT
BREAD

23
SEAFOOD RICE
FRIED RICE WITH YORK
BAKE COD FILLET
BREADED HAKE
TOMATO SALAD
NATURAL YOGHURT WITH TOPPING
BREAD

30
MARINERA-STYLE POTATOES
POTATOES CASSEROLE WITH PORK RIBS
TUNA WITH ONIONS
TUNA PATTIES
TOMATO SALAD
FRESH FRUIT
BREAD

03
VEGETABLES SOUP WITH NOODLES
NOODLES SOUP WITH PICADILLO
TURKEY WITH PLUMS SAUCE
TURKEY WITH THAY SAUCE
COUSCOUS
NATURAL YOGHURT WITH TOPPING
BREAD

10
CREAM OF VEGETABLE SOUP
SAUTEED CAULIFLOWER
SCRAMBLED POTATOES WITH SERRANO
HAM
MALLORQUINA EGGS
SAUTÉED MUSHROOMS WITH GARLIC
AND PARSLEY
FRESH FRUIT & BREAD

17
YELLOW PEAS WITH HAM
GRATIN BROCCOLI WITH BÉCHAMEL
SAUCE
ROAST EGGS WITH TOMATO
SCRAMBLED EGGS WITH YORK
MIXED SALAD
FRESH FRUIT & BREAD

24
CREAM OF LEEK AND POTATO SOUP
SAUTEED VEGETABLES
SCRAMBLED EGGS WITH ASPARAGUS
BELLA AURORA EGGS
SAUTÉED BABY CARROTS
FRESH FRUIT & BREAD

31
LENTILS WITH CARROTS AND PEPPER
CREAM OF SWEET POTATO, SPINACH
AND COCONUT SOUP
ZUCCHINI OMELETTE
SCRAMBLED EGGS WITH CHISTORRA
SAUTEED RICE
FRESH FRUIT
BREAD